



Ortho-One Orthopaedic Speciality Centre

March 2020



Shoulder Online Symposium

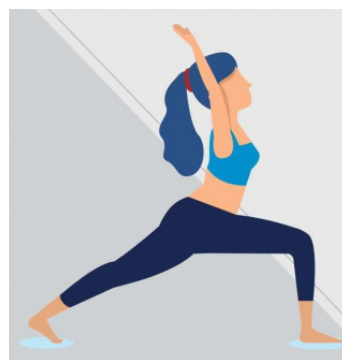
Ortho-One and Coimbatore Orthopaedic Society came together and conducted the Shoulder Online Symposium. Dr. Nick Verma, Professor at Rush University Medical Centre, Chicago was invited as a guest speaker. We had Ortho-One Consultants Dr. Karthik M. Selvaraj and Dr. Shyam Sundar as presenters and Mr. Ganesan - HOD Physiotherapy Department shared about the hospital protocol update on Rehabilitation.

There were 188 interactive participants. We had few online participants as well. The presentation was summarized and concluded by Dr. David V. Rajan.

Other than the symposium, we have CME special classes conducted on Mondays, Wednesdays and Fridays until the lockdown is lifted. We have our past fellows, current and upcoming fellows, approximately 100 of them participating interactively and attending all the classes.

Simple Exercises during a lockdown

During these unprecedented times, it is important to take care of all our family members and stay intact and healthy. Check out the link www.ortho-one.in/videos



that gives some guidelines and useful tips on exercises that can be followed every day to keep fit while staying indoors. However, while following these exercises one has to make sure you increase them gradually and systematically thereby avoiding too much of muscle strain.



Online Tele Consultation

In view of Covid-19 lockdown, all our Ortho-One Consultants are available online for a free tele-consultation. This temporary set up will help avoid overcrowding walk-in consultations and appointments. To Schedule tele consultation appointment, please register in the following link <https://booking.ortho-one.in/>

All our Emergency Departments are available for treating fractures and acute infection and we work 24/7. Please feel free to call us at 80 81 800 900 / 0422-4055100 to avail these services.

In the meantime, we request all of you to take care and stay safe.

Women's Day

On the occasion of International Women's Day, Ortho-One conducted an interactive session on March 7th (Saturday) on Women's Health, Stress Management along with a mix of fun activities for all the women employees.



Mrs. Grace Wesley was the Chief Guest for the occasion. She threw light on various stress related problems women tend to face and the care and support that is needed. She also shared about the different mental and physical stress factors that women encounter, in their

lifetime and how can one deal with it and overcome them on a positive note. Mrs. Suneetha Rajan shared few tips on diet and how to avoid food wastage. The session started at 3.30 pm and concluded at around 6 pm with refreshments.



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